

BRIGHT SMILES, HEALTHY LIVES

SUPPORTING YOUR WELLNESS—ONE SMILE AT A TIME.



Protect Your Smile with Simple, Everyday Habits

Taking care of your teeth and gums is a key part of your overall wellness. Below are some essential tips to help you maintain a healthy, confident smile.



DAILY HABITS

- **Brush your teeth** twice a day for at least 2 minutes.
- **Floss daily** to remove plaque and food particles between your teeth.
- **Rinse with antibacterial mouthwash** to reduce bacteria and freshen breath.
- **Supervise brushing** until kids are 7–8 years old.



HEALTHY DIET AND LIFESTYLE

- **Limit sugary foods** and drinks that can cause cavities.
- **Drink plenty of water**, especially after meals.
- **Avoid tobacco products** to reduce your risk of gum disease and oral cancer.



DENTAL VISITS

- **Schedule regular dental checkups** (every 6 months). The Jones dental plan pays for 2 free cleanings per year!
- **Report any pain, bleeding, or unusual changes** in your mouth.
- Regular dental checkups are **especially important for people with heart disease or diabetes**.
- **Ask your dentist about fluoride treatments** for extra cavity protection.
- **Consider dental sealants** to help prevent cavities in children.

**PROTECT YOUR HEALTH:
SCHEDULE A DENTAL CHECKUP TODAY!**

To find a network dentist, visit
www.metlife.com and click **“Find Dentist.”**